

# Healthy Bites



*Information To Improve the Selection and Use Of Foods In Your Home*

## *Eat Your Veggies*

*Volume XXIX*

The Dietary Guidelines recommends two and one-half cups of vegetables per day if you eat 2,000 calories each day. A great idea to accomplish this is to add vegetables to foods such as meatloaf, lasagna, omelets, stir-fry dishes and casseroles. Frozen chopped greens such as spinach, peas, carrots, and corn are easy to add. Also, add dark leafy green lettuce to sandwiches. Involve kids by letting them help pick vegetables in different colors when you're shopping. Get a variety of dark green vegetables such as broccoli, spinach, and greens; orange and deep yellow vegetables such as carrots, winter squash, and sweet potatoes; starchy vegetables like corn; legumes, such as dry beans, peas, chickpeas, pinto beans, kidney beans, and tofu; and other vegetables, such as tomatoes and onions. Look for ways to make it convenient. Buy a vegetable tray from the grocery store and put it in the refrigerator. Everything's already cut up and you can just reach in and eat it throughout the week.



A recent study at Rush University Medical Center found that a diet including 2 to 3 ½ cup servings of vegetables each day may boost memory and protect against Alzheimer's disease. A positive relationship between memory and vegetables has been reported. Memory loss was reduced by an average of 40% in those seniors who ate 2.8 servings or more of vegetables each day. Researchers reported those who ate more vegetables "could think faster and had better memories" than those who consume less than 2 servings a day. Additionally, eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases, may reduce risk for type 2 diabetes and may protect against certain cancers.

### **Start With Small Changes**

You don't have to make huge changes all at once. In the end, you want to achieve a long-term healthy lifestyle. Small changes over time are the most likely to stick. If you want to eat more vegetables, then try to add one more serving by sneaking it in. Add bits of broccoli to something you already eat like pizza or soup. When you think about what you need to get more of, the other things tend to fall into place. If you have some baby carrots with lunch or add a banana to your cereal in the morning, you're going to feel full longer. You won't need a food that's high in sugar or fat an hour later.

Also, look for healthier versions of what you like to eat. If you like the convenience of frozen dinners, look for ones with lower sodium and boost up the nutrients by adding additional vegetables. Fresh, frozen or canned vegetables will be fine. If you love fast-food meals, try a salad as your side dish instead of french fries.

Source: Medicinenet.com

### **\*\*WORD WISE\*\***

Losing a little weight can reduce the risk of developing type 2 diabetes.

The results of Diabetes Prevention Program (DPP) showed that moderate diet changes such as eating a diet high in fruits and vegetables can aid in overall health.



Source: American Diabetics Association

### **\*\*GIVE ME 5! TRIVIA\*\***

#### **Broccoli**

- Broccoli comes from the Italian word "brocco," which means branch or arm.
- Broccoli is a good source of Vitamin C, Vitamin A and fiber.
- Broccoli is related to cabbage, cauliflower, and brussels sprouts.
- In the United States, broccoli was probably first grown by immigrants from Italy.
- Broccoli has been around for over 2000 years and was a favorite food of the ancient Romans.
- Americans eat about four and one half pounds a year.



Source: [www.fcps.edu/fs/food/food\\_facts/giveme5/broccoli.htm](http://www.fcps.edu/fs/food/food_facts/giveme5/broccoli.htm)

# Healthful Eating ... Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The food label can help you. It's easy to use, even when your shopping trip is hectic.

Nutrition Facts on food labels tell you the calories (or food energy) and nutrients in one serving of food inside the package.

Look for the nutrition information in the store, near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control—and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller portions.
- Compare the % Daily Values in similar foods.

**How many servings are you eating?**

**Calories in one serving** →  
For two servings, double the calories. Pay attention to choose foods for a healthy weight.

<b>Nutrition Facts</b>																						
Serving Size 1 cup (228g)																						
Servings Per Container 2																						
Amount Per Serving																						
<b>Calories</b> 250	Calories from Fat 110																					
% Daily Value*																						
<b>Total Fat</b> 12g	<b>18%</b>																					
Saturated Fat 3g	15%																					
<b>Cholesterol</b> 30mg	<b>10%</b>																					
<b>Sodium</b> 470mg	<b>20%</b>																					
<b>Total Carbohydrate</b> 31g	<b>10%</b>																					
Dietary Fiber 0g	0%																					
Sugars 5g																						
<b>Protein</b> 5g																						
Vitamin A 4%	Vitamin C 2%																					
Calcium 20%	Iron 4%																					
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>																						
<table style="width: 100%; border: none;"> <tr> <td style="text-align: center; border: none;">Calories:</td> <td style="text-align: center; border: none;">2,000</td> <td style="text-align: center; border: none;">2,500</td> </tr> <tr> <td style="border: none;">Total Fat</td> <td style="border: none;">Less than 65g</td> <td style="border: none;">80g</td> </tr> <tr> <td style="border: none;">Sat Fat</td> <td style="border: none;">Less than 20g</td> <td style="border: none;">25g</td> </tr> <tr> <td style="border: none;">Cholesterol</td> <td style="border: none;">Less than 300mg</td> <td style="border: none;">300mg</td> </tr> <tr> <td style="border: none;">Sodium</td> <td style="border: none;">Less than 2,400mg</td> <td style="border: none;">2,400mg</td> </tr> <tr> <td style="border: none;">Total Carbohydrate</td> <td style="border: none;">300g</td> <td style="border: none;">375g</td> </tr> <tr> <td style="border: none;">Dietary Fiber</td> <td style="border: none;">25g</td> <td style="border: none;">30g</td> </tr> </table>		Calories:	2,000	2,500	Total Fat	Less than 65g	80g	Sat Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g
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**% Daily Value (DV)**  
Is the amount of a nutrient in one serving compared to dietary recommendations.

**Get LESS**  
5% or less is low  
20% or more is high

**Get ENOUGH**  
5% or less is low  
20% or more is high

**What's the Best Choice for You?**  
Values to choose foods.

Use the 5%-20% Guide to Daily

Source: Nibbles for Health 4

## Healthy Vegetable Soup

### Ingredients:

- |   |   |
|---|---|
| 4 cups water<br>1 onion<br>3 carrots, chopped<br>1 cup frozen corn<br>1 cup frozen green beans<br>1 can (15 oz) black beans<br>Salt & pepper to taste<br>1 tbs. Basil<br>1 tsp. Garlic powder | 4 cups broth/vegetable or beef broth<br>2 cups spaghetti sauce<br>2 stalks celery, chopped<br>1/4 head cabbage, shredded<br>1 cup sweet pepper, chopped<br>1 can (15 oz.) kidney beans<br>1 Bay leaf<br>1 tbs. Oregano<br>1 cup cooked Rotini pasta |
|---|---|

### Directions:

In a large soup pot combine stock, the undrained tomatoes, vegetables and seasoning. Bring to a boil and reduce heat; simmer for 15 minutes or until tender. If possible use fresh vegetables and herbs from the garden. Recipe yields 8 to 10 servings.

Source: [recipessources.com](http://recipessources.com)

# Avoid Portion Distortion

Portion sizes have gotten bigger over the past 20 years and so are Americans! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act—try to balance calories in with calories out.

The new MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than the previous Food Guide Pyramid.



Source: <http://lanaster.unl.edu>

## Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

- Calendar of upcoming programs
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